



**Do your friends and family know
YOUR choices for future medical care?**

Join us for a FREE Advance Care Planning workshop to assist you in making
Advance Care plans.

**Space is
limited.
Register
today!**

**Tuesday, August 30, 2016 at 10:00am
Mattamuskeet Senior Center
160 Juniper Bay Road, Swan Quarter, NC
Call 252-926-1956 to register!**

This workshop will provide information about advance care documents and the importance of making future health care plans. Participants will receive a **FREE** toolkit to assist them in completing living wills and healthcare power of attorney documents.

**It's the MOST important conversation
we're NOT having!**

No one can respect your choices, until they know what they are. The process of Advance Care Planning is best completed while you are well and not in crisis, as this allows you to thoughtfully consider what matters most to you and the treatment decisions you might make. These documents are meant to be reviewed periodically and can easily be updated.

***This workshop is sponsored by the Albemarle
Commission Area Agency on Aging.***

